

Classic Cannoli

www.GalbaniCheese.com

Servings: 18

32 ounces ricotta cheese
1 1/2 cups powdered sugar
1 teaspoon vanilla extract
8 ounces semi-sweet mint chocolate chips
18 cannoli shells

In a bowl, mix the ricotta cheese, sugar, vanilla and chocolate chips.

Using a spoon or pastry bag, fill the shells with the cheese mixture.

Serve immediately so that the shells remain crisp.

Per Serving (excluding unknown items): 127 Calories; 7g Fat (46.1% calories from fat); 6g Protein; 12g Carbohydrate; 0g Dietary Fiber; 26mg Cholesterol; 42mg Sodium. Exchanges: 1 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	127
% Calories from Fat:	46.1%
% Calories from Carbohydrates:	36.1%
% Calories from Protein:	17.7%
Total Fat (g):	7g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	26mg
Carbohydrate (g):	12g
Dietary Fiber (g):	0g
Protein (g):	6g
Sodium (mg):	42mg
Potassium (mg):	53mg
Calcium (mg):	104mg
Iron (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1

